

GRIT Resilience Course: Healthcare Outline

Module 1:

- GRIT Resilience Course Model and Concept
- Role and Expectations
- Core Principles of Psychological First Aid
- Introduction to GRIT Steps

Module 2:

- Stressors and Stress Reactions
- Self-Efficacy
 - Trauma Related Self-Efficacy
 - Collective Self-Efficacy
 - Cultural Awareness
- Resilience
- **GRIT Step 1:** Making Contact

Module 3:

- **GRIT Step 2:** Asking Questions about Feelings, Distress, or Emotional Wellbeing
- **GRIT Step 3:** Identifying Coping Strengths and Resilience

Module 4:

- **GRIT Step 4:** Adding to Strengths

Module 5:

- GRIT Resources
- Mental Health Support
- **GRIT Step 5:** Reviewing, Summarizing, Discussing Action Steps, Giving Resources
- Self-Care

Appendices